

Banana Oat Cookies

Makes: 25 Small Cookies

With whole-grains, fruit, and no added sugar, these cookies make a healthy treat.

Ingredients

- 1 cup** banana, mashed (use overripe banana)
- 1 cup** quick oats
- 1/2 cup** yogurt, low-fat plain
- 1/4 cup** water
- 1/2 cup** raisins (optional)
- 1/2 cup** sunflower seeds (optional)
- spices (to taste, optional)

Directions

1. Wash hands, make sure utensils and counter top are clean.
2. Mash bananas, mix with yogurt and water.
3. Add quick (not instant) oats. Mix well.
4. Add optional add-ins if you wish. Keep them minimal.
5. Add spices, to taste (optional)
6. The batter should be thick and easily spoonable.
7. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
8. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

Source: University of Minnesota Extension. Visit Web site

Nutrition Information

Nutrients	Amount
Calories	23
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	4 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	1 g
Vitamin D	0 IU
Calcium	11 mg
Iron	0 mg
Potassium	56 mg

N/A - data is not available

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